

# Kindred Gardens: Gardening for Seniors

Christine Gelley- Agriculture and Natural Resources Extension Educator, Noble County

## INTRODUCTION

Kindred Gardens: Gardening for Seniors is a program that was recently developed to offer stimulating gardening activities to seniors through a five part series of hands-on classes.

### Inspiration:

Senior citizens represent 24% of the Noble County population<sup>1</sup>. Although many seniors remain active and content with their lifestyles, a contrasting population depends on assistance from their families or skilled nursing staff to carry on with typical day to day activities. In conjunction, living on a fixed income is common, leaving little financial flexibility and few opportunities for pursuing their own interests and pleasures. A daily routine that lacks refreshing experiences and interactions can lead to isolation, depression, irritability, and overall decreased quality of life. Gardening is an activity that can be immensely beneficial for senior physical and mental health<sup>2</sup>. Implementing easy to access gardening programs in the community for seniors could be a positive influence on people's lives.

### Implementation:

In order to provide these gardening programs at no cost for participants, alternative funding was sought out and received. Kindred Gardens: Gardening for Seniors is made possible by the OSU Extension Southeast Region Endowment Grant, which provided funding for the five sessions offered in 2017. Classes are held at the Joyce M. Davis Senior Center in Caldwell, Ohio. Transportation to and from the Senior Center is available, making it a centralized gathering place for many of the county's seniors. Classes are taught by county Extension personnel and all of the course materials are budgeted through the endowment grant.

### Program Announcement

OHIO STATE UNIVERSITY EXTENSION

## Kindred Gardens

*Gardening for Seniors*



Kindred Gardens is a program that offers stimulating gardening activities to seniors through a series of hands-on classes. All activities will be offered at no charge, but space may be limited. Please RSVP for each session. Programs will be held at the Noble County Senior Center- 300 Cumberland St, Caldwell, OH 43724.

Five series segments will be offered throughout 2017, each including an activity associated with gardening. Sessions will begin at 10 a.m. and conclude by 11:30 a.m. Events are as follows:

<ul style="list-style-type: none"> <li>• February 23<sup>rd</sup> - <i>Fighting Cabin Fever</i></li> <li>• April 18<sup>th</sup> - <i>April Showers Bring May Flowers</i></li> <li>• June 1<sup>st</sup> - <i>Homegrown Healthy Helpings</i></li> <li>• September 14<sup>th</sup> - <i>Abundant Harvest</i></li> <li>• November 9<sup>th</sup> - <i>Winter Windowsill Wonders</i></li> </ul>	<p>To find out more about Kindred Gardens call Christine Gelley at the Noble County OSU Extension Office 740-732-5681 or email <a href="mailto:gelley.aj@osu.edu">gelley.aj@osu.edu</a>.</p>
--	--

**The first session on February 23<sup>rd</sup> is limited to 20 participants.**

Please RSVP by phone to 740-732-5681 or by filling out this form and returning it to the Senior Center or to the Extension Office at 46049 Marietta Rd., Suite 2, Caldwell, OH 43724.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone &/or Email \_\_\_\_\_

Lunch is available at the Senior Center with a reservation made by 9 a.m. the day of the event. Lunch is \$4.00 for those under 60. For those over 60, a \$2.50 donation is suggested. Call 740-732-5129 for reservations.

Personal identifiers such as name and contact information will only be used to provide you with program updates. Information such as age and gender will be anonymously reported to summarize program impacts to The Ohio State University and the Senior Center.


**THE OHIO STATE UNIVERSITY**

**noble.osu.edu**

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: [go.osu.edu/extensiondiversity](http://go.osu.edu/extensiondiversity)

The first session on February 23<sup>rd</sup> is limited to 20 participants.

Please RSVP by phone to 740-732-5681 or by filling out this form and returning it to the Senior Center or to the Extension Office at 46049 Marietta Rd., Suite 2, Caldwell, OH 43724.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone &/or Email \_\_\_\_\_

Lunch is available at the Senior Center with a reservation made by 9 a.m. the day of the event. Lunch is \$4.00 for those under 60. For those over 60, a \$2.50 donation is suggested. Call 740-732-5129 for reservations.

Personal identifiers such as name and contact information will only be used to provide you with program updates. Information such as age and gender will be anonymously reported to summarize program impacts to The Ohio State University and the Senior Center.

 **THE OHIO STATE UNIVERSITY**

**noble.osu.edu**

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: [go.osu.edu/extensiondiversity](http://go.osu.edu/extensiondiversity)

The five sessions offered in 2017 occur on staggered dates from February through November.

## GOALS

- To offer intriguing and enjoyable sessions that incorporate gardening, healthy lifestyles, and socialization.
- To create a warm, welcoming, and inclusive environment for enrichment.
- To have ten participants attend multiple sessions throughout the year.
- To develop a curriculum that can be utilized by other Extension personnel in their communities.

## GENERATING INTEREST

Kindred Gardens: Gardening for Seniors is promoted through a variety of outreach methods that include:

- Traditional Mailing Lists

- Email and Social Media

- Radio, Television, and Newspaper

- Posted Flyers and Senior Center Announcements

Although registration is requested for each session, no one will ever be rejected or excluded from participating in the class sessions.

## CURRICULUM

Each class session will be unique and feature a hands-on activity that include:

- Forcing bulbs from winter dormancy.

- Starting vegetables and flowers from seed.

- Making and tasting healthy recipes with local ingredients.

- Preserving harvested vegetables, fruits, seeds, and flowers.

- Creating a windowsill herb garden.

Take home materials provided to the participants vary from session to session and include factsheets, note cards, journals, cookbooks, potted plants, and more.

All of the materials that are created and distributed will be made available at the conclusion of the November session through a shared file on [box.osu.edu](http://box.osu.edu). All other OSU Extension personnel are welcome to access the shared items to create their own programs.

## EVALUATION

Kindred Gardens: Gardening for Seniors will be evaluated throughout the year with one-on-one conversation and observations, as well as, at the conclusion of the program with a peer evaluation, formal EEET, and informal program survey.

### 2017 Survey Plans:

At the end of the 2017 program year participants will be asked the following questions through an informal survey:

- As a result of this program did you...

- Grow something new?

- Make a new friend?

- Spend time with old friends?

- Try a new recipe?

- Make any lifestyle changes?

- Enjoy the class sessions?

- Would you attend this program again with new topics in the future?

### Created Class Materials



Compliments of:  
*Kindred Gardens*  
Gardening for Seniors

 **THE OHIO STATE UNIVERSITY**

Dear Readers,

This cookbook is brought to you by Noble County OSU Extension through the program Kindred Gardens: Gardening for Seniors. Funding for Kindred Gardens is provided by an OSU Extension Southeast Region Endowment Grant for the year of 2017.

All of the recipes included are referenced from the publication *Living Well—More Than a Cookbook*, which was released in 2010 by the National Extension Association of Family and Consumer Sciences. The goal was to emphasize safe, affordable food and a healthy, nutritious diet.

Our hope is that you will find new, easy, simple, and delicious ways to prepare these recipes with ingredients straight from your garden or local market. The recipes in this book include nutritional information and recommended serving sizes which are based on the average nutritional value of the ingredients as written. Actual nutritional content will be determined by your choice of ingredients, method of preparation, and serving sizes. Improvisation is encouraged with these recipes. Substitute different vegetables, fruits, and meats to develop dishes with unique flair.

For additional copies of this cookbook, more recipes, or general questions please contact the Noble County OSU Extension Office at 740-732-5681.

Happy tasting!

Sincerely,  
Noble County OSU Extension

2

Above are the cover and cover page of the cookbook provided during the June Session: *Homegrown Healthy Helpings*.

### Continuing Classes:

Following the collection of formal and informal evaluations it will be determined if Kindred Gardens: Gardening for Seniors will be offered again in 2018.

If feedback is positive the program will proceed into 2018 in one of two ways:

1. Repeated with the same curriculum, but at a different location in the community to reach an extended audience.
2. Expanded offering additional new classes for the same audience in the same location

Continuing the program is contingent on funding through either another grant or through other community partnerships.

### Building Relationships



Above: Attendees use teamwork as they race to sort seeds by shape, size, and texture at the April Session: *April Showers Bring May Flowers*.

## BIBLIOGRAPHY

- 1 United States of America. U.S. Census Bureau. *U.S. Census Bureau QuickFacts Selected: Noble County, Ohio*. Web. 30 Nov. 2016.
- 2 O'Callaghan, Angela. "Gardening- Benefits for Elderly." University of California Division of Agriculture and Natural Resources. [ucanr.edu/sites/camg2011/files/101993.pdf](http://ucanr.edu/sites/camg2011/files/101993.pdf).

## ACKNOWLEDGEMENTS

*Special thanks are extended to:*

OSU Extension Southeast Region Endowment Committee

Nancy Snook- Noble County CED & 4-H Educator

Lori Harris- SNAP Ed. Program Assistant, Noble County

Samantha Schott- FCS/4-H Program Coordinator, Noble County

Noble County Master Gardener Volunteers

Tracy Blackstone & Carla Wickham- Office Associates,

Noble County OSU Extension



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

OSU Extension Noble County  
46049 Marietta Rd., Suite 2  
Caldwell, OH 43724  
[noble.osu.edu](http://noble.osu.edu)